

## ABSTRACT OF THE DISCLOSURE

A packaging body that the fabrication of the bag or filling, tight sealing of the contents and packaging can be easily performed as well as the burst of the packaging body at the time of cooking by heating can be prevented and a packaged food or the like can be manufactured at low cost is provided.

In a packaging body A for heating processing in which identical surface sides of a plastic film 1 are contacted with each other and is fabricated into a bag in a rectangular shape by heat seals and a vapor communication joining section 2 in a rafter roof shape is provided at one location of these heat seats, whereby the contents 5 for heating processing is made tightly sealed and packaged within fabricated bag thereof. The plastic film 1 is a film whose entire joining surface is highly dependent on temperature, the vapor communication joining section 2 is formed so as to be parallel to the longitudinal direction of the rectangularly shaped packaging body, and the relevant vapor communication joining section is a seal having an easily opening seal property located on the upper surface side of the packaging body at the time of heating processing of the contents and making the pressure escape to the external when the internal pressure of said packaging body rise by heating.